



SWIM MEET NOTICE

HSSC Seahorse LMR

November 21 & 22, 2009

Maple Ridge Leisure Centre, 11925 Haney Place, Maple Ridge

Participating Groups: AGD 2 and RD 2 & 3

Qualifying Sub-4:00 200 IM, 5:40 300 Free

Warm-ups:

Saturday November 21st	Session #1 (12&0)	8:00-9:00 AM
	Session #2 (11&11)	1:00-2:00 PM
Sunday November 22nd	Session #3 (12&0)	8:00-9:00 AM
	Session #4 (Distance)	11:00-12:00 AM
	Session #5 (11& 11)	1:30-2:30 PM

Please ensure all swimmers attend the meet with all Rapid team gear and suggested deck wear (Rapids Shirt, cap, racing suit, sweats or tracksuit and deck shoes).

If you cannot attend this event in whole or in part, please scratch By Monday November 22nd or you will be entered and charged for the entries. You can be scratched by phoning the Rapids office @ 604 275-7946 or Emailing

Rapids@shaw.ca